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TEXAS AGRICULTURAL EXTENSION SERVICE OF THE TEXAS A&M UNIVERSITY SYSTEM



FAMILY NUTRITION NEWS

Who Needs Breakfast?



Dear Homemaker,

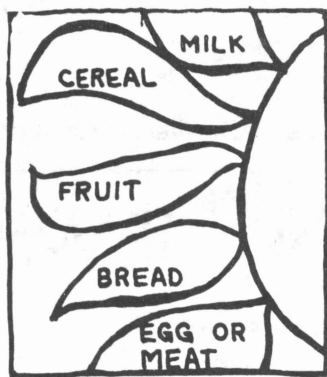
Everyone needs a good morning meal. Breakfast is needed to:

- *Provide you energy for school, work and play.*
- *Help you grow and develop properly.*
- *Help make you feel good.*
- *Cut down on mid-morning snacks.*
- *Help make you attractive.*
- *Help you keep alert.*
- *Help you enjoy the best possible health.*

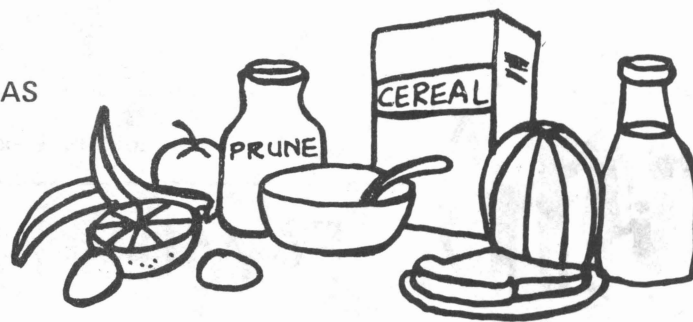
A basic breakfast pattern is CEREAL , MILK, FRUIT, BREAD and possibly EGGS or MEAT. Try to plan Breakfast to be nutritionally balanced. On the other side of this letter are some BREAKFAST IDEAS.

Sincerely,

Name and title



BREAKFAST IDEAS



A NUTRITIONALLY SOUND BREAKFAST

Orange juice	½ cup	Enriched White Bread	2 slices
Cereal	1 cup - 1 oz. dry	Spread	1 teaspoon
Milk	½ cup	Milk	1 cup
Sugar	1 teaspoon		

Variety at the morning meal can be fun!

You can serve anything from soup to nuts including peanut butter and jelly sandwiches, tomato soup or hamburgers.

MORE INFORMATION . . .

Here is a recipe for a special morning:

CORNMEAL PANCAKES

2 cups cornmeal	2 tablespoons fat
1 teaspoon baking powder	1 ¾ cups boiling water
½ teaspoon salt	1 tablespoon vinegar
1 teaspoon sugar	1 cup evaporated milk
	1 egg

Mix cornmeal, baking powder, soda, salt and sugar. Add fat and boiling water. Beat until well mixed. Stir vinegar into evaporated milk. Stir into cornmeal mixture. Beat in egg. Pour batter on hot, lightly greased fry pan. Cook until covered with bubbles on top and brown on bottom. Turn and brown on other side. Makes about 20 pancakes.

CINNAMON CREAM SYRUP

2 cups sugar	1 cup light corn syrup
2 teaspoons cinnamon	1 cup evaporated milk
½ cup water	

Mix sugar, cinnamon, water and syrup in sauce pan. Stir over medium heat until mixture comes to a boil. Cook and stir 2 minutes. Cool 5 minutes. Stir in evaporated milk. Makes 3 cups.



This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by Virginia Cass Ryan, former Extension assistant foods and nutrition specialist - ENP, The Texas A&M University System.